

# BB AISLEYNE STALKER HELL

## She's target of death threats

■ by NADINE LINGE  
**BIG Brother babe Aisleyne Horgan-Wallace has been the target of terrifying death threats.**

The 27-year-old says she has been plagued by a stalker who has threatened to slash her throat.

The crazed man has even sent abusive messages to her grandmother.

She has told the police, who are trying to trace the stalker.

Aisleyne said: "I've spent a lot of time in tears over this.

"It's unbelievable that someone would go as far as tracking down my nan and being abusive to her."

### **Threat**

"I might seem tough, but I get scared just like anyone else. Last week I got a voicemail saying: 'I've got pictures of you and I'm going to sell them, then I'm going to come to your house and put a knife in your throat.'

"The messages call me a murderer, saying I killed my babies. I've had two miscarriages – one where I had to give birth to a dead baby, which still makes me cry."

"The messages are so personal, I'm sure they're from someone I've met before. I'm really scared."

She now won't go out alone after dark, but is determined not to let the stalker drive her out of her London home.

Aisleyne, who is currently fronting a quit-smoking campaign for the NHS, said: "I just don't know what I've done to deserve this."

"My dad's in hospital with septicaemia at the moment so I'm going through a tough time."

*nadine.linge@dailystar.co.uk*

**LIVING IN FEAR:**  
Aisleyne says the stalker has left her terrified of stepping out at night



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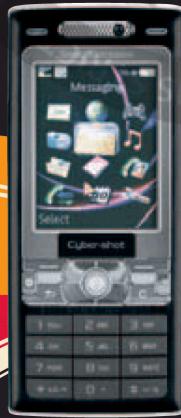
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Picture: CATERERS

PLenty  
OF GRavy:  
EuroMillions  
winners at  
the factory  
yesterday

## Pie 'n cash Factory's £6m lotto bonanza

A TEAM OF pie-makers won £6.7million of lottery dough - thanks to a slice of luck.

The syndicate of 33 nearly ended up without a crust after shop assistant Martyn Munn accidentally sold them one ticket too many for last Friday's EuroMillions draw.

The teenager was asked to delete one of the 34 lines at random, and the next line on the ticket was the big winner.

Martyn, 17, said: "They are very lucky that I didn't void the winning ticket. I'm really happy for them."

The win is the biggest for a UK

■ by JERRY LAWTON

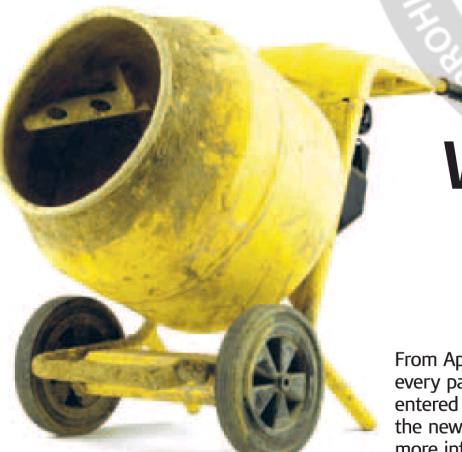
EuroMillions syndicate. Each member at the factory in Market Drayton, Shropshire, pocketed £204,553.99.

The ticket matched five main numbers plus a lucky star digit in the £123million draw.

Boss Lewis MacLeod said: "It crossed my mind we might be getting resignations - but they've all said they will stay".

One of the happy winners, Rob Bailey, 56, added: "It's going to be a cracking Christmas."

[jerry.lawton@dailystar.co.uk](mailto:jerry.lawton@dailystar.co.uk)



## AVOID MIX-UPS WHEN THE NEW CIS STARTS IN APRIL 2007.

From April 2007, contractors won't need to worry about individual vouchers for every payment they make. All payments that contractors make will instead be entered on a single monthly return, due by the 19th of the month. Find out how the new Construction Industry Scheme works now to avoid mix-ups in April. For more information about the changes visit [www.new-cis.com](http://www.new-cis.com) or call 0845 366 7899.

HM Revenue & Customs

## Beth is uber cool

MUSIC mag NME have selected their Cool List for 2006 and it makes for random reading. At No 1 is **Beth Ditto**, 22, of electro newcomers The Gossip. Their single Standing In The Way Of Control is wicked, but I doubt many of you know who she is. **Lily Allen**, 21, is at three with Jarvis Cocker, 43, at four. **Alex Turner**, 20, is down to 32, showing what a fickle world indie rock is.

# JOE MOTT'S DOUBLE AWARD WINNING Hot



## BLOG

GO and read all about it at [www.dailystar.co.uk/blog](http://www.dailystar.co.uk/blog). It contains EVERYTHING you want to know. Me, Bond, birds and also some waffle about the general shenanigans of the showbiz world.

## ME

# Westlife leap into lead LADS SET TO BEAT BEATLES

## Jingle Warfare

**WESTLIFE** are set to do the unthinkable and beat both The Beatles AND Oasis to the No 1 spot.

No offence to the Oirish man-band, but I really didn't see that one coming.

In a swift turn-around of fortunes, **Nicky Byrne**, 27, **Kian Egan**, 26, and the other two have leapt from third spot in the album race with The Love Album.

They're a solid 5,000 sales ahead of Oasis with Stop The Clocks and have shifted nearly twice as many copies as The Beatles' Love.

The lads are currently in Australia, because like me, they are big down under.

But using the telephone, I've managed to get hold of one of their camp. I'm told: "They'll not talk to you yet. Joe. The band have banned the subject until the final charts are

released on Sunday. They're refusing to get excited about it yet, because it's so early in the week and there's still a long way to go.

"They're a superstitious lot and don't want to curse themselves by speaking too soon."

### Dedicated

HMV fountain of knowledge Gennaro Castaldo said: "People might not have expected Westlife to match or even outsell such iconic bands as The Beatles and Oasis, but we shouldn't forget they have an incredibly dedicated fan base. "It's going to be nip and tuck."

Dangerous though it may seem at this stage, I'm going to get my manparts out and say Oasis will top the charts come the weekend.

Noel is currently the top lad in the Mott rock stars who are actually sound" section.

Fancy a meal with the missus mate?

The Beatles might be lagging, but there's no shortage of support for **Paul McCartney**, 64. Fans were camped outside London's Virgin Records in Piccadilly 24 hours ahead of him turning up to sign his new DVD The Space Within Us.

## 'Can't buy me Love'

**BEATLES** maniacs the Gallagher brothers have labelled the Love album "rubbish".

**Noel**, 39, right, claimed the remixed Fab Four hits is "a pointless exercise", adding he turned the album off "after five songs".

**Liam**, 34, says: "If you haven't got The Beatles by now, you're not going to get it."



## Justin's emerging from the Darkness

THE screaming guitar wizard that is former **Darkness** frontman **Justin Hawkins** is planning a comeback.

Fresh from having many drugs and much alcohol flushed from his wiry frame in rehab, Justin, 31, says he's readying his falsetto for further cat-bothering. He said:

"I'm planning on taking a very long holiday and doing things I enjoy, like ice skating. Then I'll probably start work on a solo album."

I saw Hawkins playing footie at a celeb five-a-side match a few months ago with a massive smile on his face the whole time. In the light of his rehab visit, now I know why.

I look forward to hearing what he's got to offer on his return.

**CHRISTINA Aguilera** seems to have developed an abnormally long crotch in Belfast after her circus-themed Back To Basics tour.

But I'll excuse this **Roberto Cavalli** creation as when I met the 25-year-old to talk about Sony Ericsson-sponsored shows she looked stunning. She told me she won't be making another double album: "People aren't buying albums as much as they used to. It's a sad time – everyone goes to the computer now."

## How baggy is our Aggi?

**GOTTA HOT STORY?** Email: [hot@dailystar.co.uk](mailto:hot@dailystar.co.uk) or call Joe on 08715207090 or text: DSHOT to 82100

## HOT TICKETS

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## CAUGHT LIVE

### PRIMAL SCREAM Apollo, Manchester

**PRIMAL SCREAM** shows are becoming utterly predictable.

Predictable in their utter brilliance, that is. The band grow old the only way they can – disgracefully.

Dolls, Jailbird, Country Girl and Rocks are admirable rock and roll songs.

Burning Wheel, Swastika Eyes and Kowalski remain pulverising blasts of digital psychedelia.

And Movin' On Up and Loaded arouse even the most faded of acid casuals.

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**CARL STROUD** OLD GOLD: Primal



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**‘Reid better PM than cardboard Gordon’**

JOHN REID for next PM. GORDON BROWN IS LIKE A CARDBOARD CUTOUT. Let the people vote, not parliament. **lucky**  
 good old gordon brown pledges £100m to help iraq while we raise money for children in need. makes me sick. **dazzy boy**  
 Blair must think we have a bottomless pit. With Iraq oil they should give us some. **Skint Pensioner**  
 I think saddams a lucky bigger. at least he wont have to lay awake at night wondering wot he's getting for christmas. **jarry**  
 Cudn't Haribo have gone vegi friendly? Halal method is cruel! **LAUREN**  
 Brits shud boycott BA after cross fiasco. it wudnt happen in france. **brooky**  
 come on blair bank holiday 4 st georges day! **CHELSEA STEVE**  
 So people on benefits have 2 choose between heating or food. How many smoke, have sky n huge cd collection. **Tboy**  
 parents don't need parenting classes, teenagers need activity & sports centres that r affordable. keep them occupied. **mark h**  
 lord d: Got to ask yourself does she want kids, or kids with you? If its with you then if she loves you she'll wait until yours both ready. **Dr matt**  
 is it legal for the csa to plunge you into poverty? **skint**  
 2. MATT, IM PAYING THE CSA MATE & MY EX HASN'T LET ME C MY SON 4 THE LAST 8½ YEARS! THE LAW IS A JOKE. **MUTTLEY**  
 To Matt: You need a solicitor mate! **IGGYBOY**  
 is there anything like bein too nice?  
 Dats d reason i got dumped. **vic**  
 Tried stand up 10yrs ago and died from an a\*se. Wanna try again. Any hear of any open mic nites nearby, lerru kno. **Ta. Fat Alf, Burnley**  
 ME AND MY MATE HAVE A BET 2 C WHICH PEOPLE THINK IS BEST COMEDY OUT OF EITHER THE YOUNG ONES OR BOTTOM. I SAY

YOUNG ONES WHAT DO U LOT THINK? **DAN**  
 2 INDY THE VAC. If thats true mate, y is the M5 called the M5 when it has replaced the A38? **SEMI**  
 So why isn't the M69 the M46 after the A46 it replaced? **Maz ov Gy**  
 to IMPRESS didn't want another major road coming in, trying to keep out scum like it. **big welsh lad**  
 I've got an 18 year old cat, its had 3 legs for 10 years. **Tical69**  
 my eldest cat is 21 & diabetic. **Steve newbry**  
 my mum's cat was 25 when it died. **RIP tiddles. Jani**  
 Bacon, can beat that our cat 28! **mickyj, sheffield**  
 to big kid, mary been evicted (asbo) mungo in kennels. midge been eaten by topcat! **be bob sheff**  
 any know name of song in the T-mobile advert? **Hayley**  
 what's the goin rate 4 th tooth fairy? **BINZ**  
 To dez, river water has small amount of salt, this gets left behind in the sea when the water evaporates, hence salty sea. **Don, Oxford**  
 it's the time of year those big tuff footballers start wearing gloves 2 keep their little hands warm. **ticker**  
 2 BRIAN, JLO + BEYONCE HAV GR8 SIZED BUMS. PPL LIKE U GIVE WOMEN A COMPLEX! **AMY**  
 Someone is avin a laugh votin Michelle Marsh only 7th in boob comp. 1 of the best pairs around. **Alun**  
 Jane and sue, had my basque & suspenders r sexier than yours. **john**  
 hebbu back to vampi and dragon lady. ok that its im hooked, eh... dunno what to say now. **syd**  
 Ow is every? ows life treatin u all? **fluffy flop, liverpool**  
 any chance of a pic of v famous vossy? he's a legend. **night boy**  
 If Penny Lancaster wed Jimmy Choo sh'd b Penny Choo! **Teeceee**  
 If actress tuesday wed became actor frederick march's 3rd wife sh'd b tuesday march 3rd. **wordsmith**

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Me and the legend steve hedley of hawick on the train. **Noel edmonds****‘Why vote for Myleene?’**

why is mylene fav 2 win celeb? Wots she done apart from prance about in a bikini? sad! **joe**  
 David gest is cool! **DAVID**  
 TO WIN COME ON YA! **tommy the tash**  
 Questions 4 carol thatcher: what is a witchity gwub and wot is a wed button? **MORLEY, PENRITH**  
 NOT ONLY NEW TALENT NEEDED ON TV, NEW SHOWS ALSO. **KEN, GUILDFORD**  
 killers best band eva. seen them at wolves sat nitre amazing! **king kenny**  
 did u know the arctic monkeys and at least one of litte man tate went 2 the same school? Mine. **james, sheff**  
 LIFE @ BOWLERS in Manc 93, 94, 95, fantastic times indeed! **ste, jomni & leon, Preston**  
 re natz, bowlers djs stu allen, welly, nippa n bowa "phat mate", oh n suzie "wind ur nek in". russ, warrington  
 Uprisins was stompin? Stil is 2 me. N jd is da best mc. Bad boy get yer shoes on! **Chezy crew**  
 Life @ bowlers rocked! **martin aka pj**  
 Luv evry1 rememberin gd old days on rave scene. Time 2 remember wots killed it off. **COCAINE. Nemesis in Hull**  
 NEVER MIND THE RAVES - BRING BAK BARN DANCES! **JO, CONWY**

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A: A pint of lager in each hand. **R GOOCH, Hull**

GOD and the Devil arrange a cricket match and the Devil bets a massive sum of money that his team will win.

God tells him: "I can't see why you're so confident. I've got all the best players on my side."

The Devil says: "Yes, I've got all the umpires."

**Ms N. KORING,**

**Stoke-on-Trent, Staffs.**

I WAS watching a game of cricket in the park the other day. I just couldn't understand why the ball seemed to be getting bigger and bigger.

And then it hit me.

**Mr D. PORTLOCK,**

**Birmingham.**

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**I CAN understand why fellow prisoners want to have a go at evil child killer Ian Huntley.**

But why take it out on his poor pet budgie (Daily Star, November 17)?

Perhaps the bird should be taken away from him in any case. He's in jail to be punished, not to be "soothed" by a budgie.

**Mrs M. TOWNSEND,**

**Harrow, Middx.**

**SO** prisoners have won compensation for not being allowed to take illegal drugs (Daily Star, November 13). How crazy.

While our NHS can't afford to give clinical drugs to desperately sick people, the Government's paying out cash to criminals.

No wonder our prisons are overcrowded.

**ROBERT W. RENNELL,**

**Stoke-on-Trent, Staffs.**

**I AM** a chef attached to the 1 Yorks in Basra, Iraq. Would any single females like to write to us here? Hope to get back to the UK soon!

**Mr J. WRIGHT,**

**Catering Platoon, 1 Yorks,**

**Op Telic 9, BFPO 645.**

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**STAR REALITY TV**

DAILY STAR, Wednesday

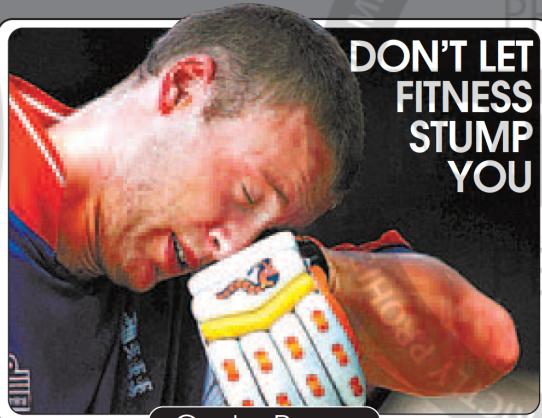
EXCLUS

DEP  
FIE



# BRAND NEW PULLOUT GUIDE TO LOOKING AND FEELING GOOD

**Fit**



DON'T LET  
FITNESS  
STUMP YOU

Centre Pages

Leave  
the  
pickles  
alone  
**CHEWIN'  
THE FAT**

Back Page

## HOW YOU COULD GET A BODY LIKE A PAGE 3 GIRL

# The curvy KEELEY

**GORGEOUS** Keeley Hazell has a body to die for. Yet the 20-year-old admits she has just as much trouble with her figure as the rest of us.

"I hate my love handles," she says. "They bulge over my jeans! But burns, thighs and stomachs are a nightmare for everyone."

Page 3 favourite Keeley keeps her curves in shape through the simple motto: "Everything in moderation."

She admits to being a cheese addict and is known to tuck into fast food and bacon and egg sarnies.

Yet she balances this by eating healthily for most of the time and regularly does gentle exercise, such as walking.

### Addicted

"I try to eat healthily, but it never works," admits Keeley. "I just go into eating mode then think: 'Oh crap - I just put on 7lb in three days!'

"It doesn't help that I'm addicted to cheese. But I'm lucky - if I want to lose weight, I cut out junk food."

"If I completely restrict myself, I just think about food non-stop. Which is why I don't obsess!"

Here, we reveal the Top 10 health and beauty tips of the beauty from Bromley, Kent.

They may not turn you into a gorgeous model overnight,

## Diet

of water and smoothies, and steer clear of alcohol.

**5** **PARTY PLANNING:** If you have a party coming up, drink lots of water and peppermint tea and eat non-solid things like soup so you don't bloat and ruin the lines of your dress.

**6** **WALKING:** Stick on your coat and climb the nearest hill. Or go to the gym, set the treadmill to a steep gradient and walk fast, instead of jogging.

**7** **SCALES:** Throw them in the bin. It's how you feel that matters, not your weight.

**8** **PAMPERING:** Book a visit to a spa and enjoy a detoxing scrub and sauna.

**9** **FOOD:** Eat healthily, but never ban anything - not even fast food. Nothing is bad in moderation and the more you deny yourself the more you'll crave it.

**10** **BREAKFAST:** Never skip it. Cereal or a pot of yoghurt will kick-start your body and prevent mid-morning munchies.



● KEELEY'S full Glamour Girl Body Plan appears in the latest issue of More magazine - out now

Pictures courtesy of More magazine

### Fit FACT

RESIST the urge to delve in the biscuit barrel by sucking half a teaspoon of honey instead. Honey makes the brain release feel-good hormone serotonin and the sweetness might satisfy your craving.



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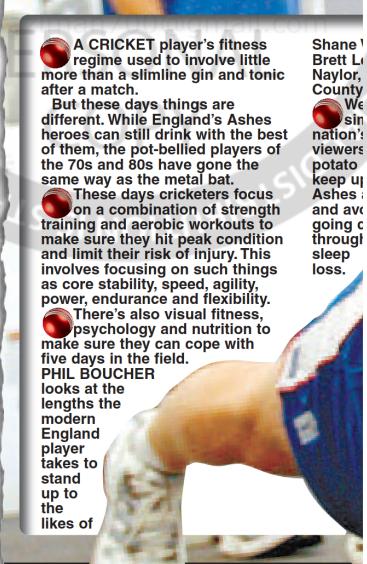
**WINNERS! BRITAIN'S LOWEST PRICED SUPERMARKET AWARD  
FOR THE 9TH YEAR RUNNING**

**Source: The Grocer 33 Pricing Survey 2005/2006 [www.thegrocer.co.uk](http://www.thegrocer.co.uk)**

Prices correct at time of going to print. Subject to availability. Some products available in selected stores. Selected products available online. Online prices may vary from those in-store. Cadbury Biscuit Tin 700g (85.4p per 100g). Celebrations Tin 1.17kg (51.1p per 100g). \*All £5.98 Confectionery and Biscuit Tins - any combination.

**Fit TO TAKE ON THE AUSSIES FOR**

**Have yo**



## A real Test of STRE

### FOOT MOVEMENT

TOP players like Aussie skipper Ricky Ponting go through intense practice to develop twinkling toes. Dale Naylor of Surrey explains: "The quicker you get your feet into place the more chance you have to deal with the ball. So we do lots of work on quickly moving in one direction using ladders and skipping."

### THROWING

"Throwing power actually comes from your butt," says Dale. "Your arm is really just there to supply the accuracy. Use your arm for both and it'll quickly get very sore." To cope, players do lots of sprint starts and lunges to build up their bum muscles.

### FOOD AND DRINK

England's players will rely

on a mix of carbohydrates, protein and "hyper-hydrating" to keep their bodies fuelled and watered for five long days in the sun.

For all-rounders like England captain Andrew Flintoff, the need to fuel up before a game is even more pressing.

### EYE TO EYE

There's only a split-second's difference between stroking the ball for four and catching some leather in your windpipe. Dale says: "Your eyes have muscles that can be trained like any other."

"We do lots of simple practices like putting your thumb in front of you and focusing on the nail then the distance to

teach your eyes to quickly react."

### FLEXIBILITY

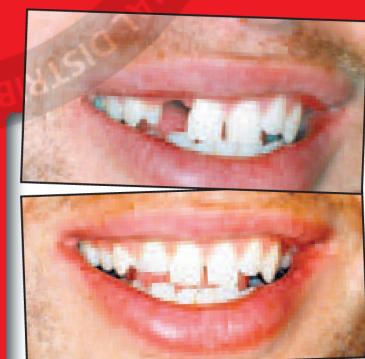
Batting and bowling puts huge stress on your joints and regular stretching helps build up their conditioning.

### ENDURANCE

Cricket asks you to make sudden sprints and movements. To cope, play-

### STRETCH IT: Freddie Flintoff

**Matt**



THE WHOLE TOOTH: Matt, before and after

NO wonder rugby star Matt Dawson can't stop smiling.

Not only is the ex-England scrum-half currently tripping the light fantastic on Strictly Come Dancing to great effect, he's also got a new set of pearly teeth that would make any Hollywood star proud.

Thanks to pioneering Manchester-born dentist Dr Tariq Idris, 34-year-old Matt and the UK's 10 million other denture wearers can bin the falsies in favour of innovative mini implants.

They can be fitted without a

R THE ASHES YOU NEED MORE THAN BEER AND SANDWICHES

**Fit**

**HOT**

# u got the BAILS?

Warne, Glenn McGrath and ee, with the help of Dale head physio at Surrey Cricket Club, we've also put together a nple guide on how the s army of night-time s, like the couch on the left, can p with the action id crazy

## STRENGTH

ers boost their endurance with cycling, rowing or swimming and their explosive power with interval training, where short sprints are mixed up between short rest periods.

### BATSMEN

Top batsmen like Aussie opener Matthew Hayden produce huge power through having a strong core to generate explosive upper body actions.

### FIELDING

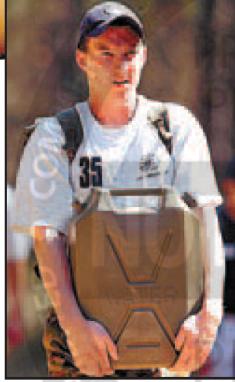
Fielders need to stay focused for six hours and be capable of explosive bursts at any mo-

ment – particularly top-class slip-fielders like Andrew Strauss.

They keep their bodies and minds limbered up by walking and stretching between balls and by learning to mentally switch on and off.

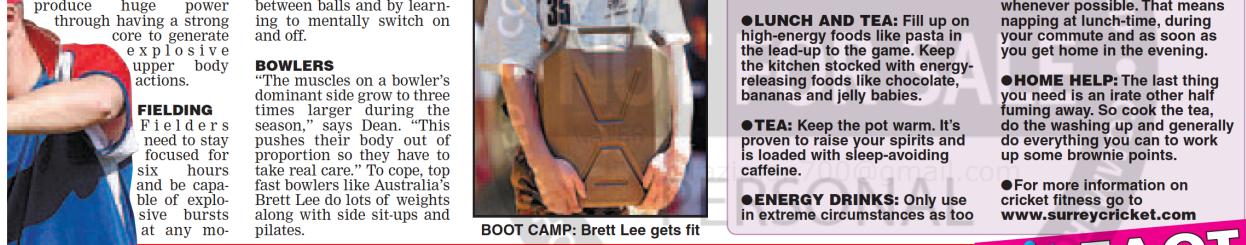
### BOWLERS

"The muscles on a bowler's dominant side grow to three times larger during the season," says Dean. "This pushes their body out of proportion so they have to take real care." To cope, top fast bowlers like Australia's Brett Lee do lots of weights along with side sit-ups and pilates.



BOOT CAMP: Brett Lee gets fit

PEAK CONDITION: Flintoff leads teammates getting set for battle



# gives new teeth a try

■ by SAM PARKER

general anaesthetic (just a numbing jab), with almost no pain and probably no sign of blood. It's all over in a matter of minutes.

In contrast, traditional implant treatment generally involves two ops under a general anaesthetic, with quite a bit of pain and blood.

Also the implant cannot be used normally for several months.

But that's all changed thanks to Dr Idris, who has cosmetic dental practices in Chester and London's Harley Street.

His variable sized implants –

which are self-tapping and screw directly into the bone – are a fantastic alternative to the embarrassment of false teeth or the pain of conventional implants. And they're a lot cheaper.

A Question of Sport captain Matt lost his front tooth in a bruising encounter for England.

Now he is a beaming example of the new technique and Dr Idris, 33, is leading the drive for greater awareness of the procedure.

Mini-implants were conceived in America 20 years ago.

They are made of a titanium alloy. And because they are so

narrow, they're inserted directly through the overlying gum tissue into the bone underneath, so there's no need to cut and "flap" open the gum.

Dr Idris says: "With modern technology I can even fit several different size implants for one person."

"There really is no need for people's lives to be blighted anymore. These new tiny implants will solve people's problems, painlessly, quickly and cheaply."

● For more information on mini-implants and other treatments call 0800 085 0027.



SMILES BETTER: Matt

## Fit FACT

THEY say owners are like their dogs and it appears to be true – at least when it comes to the scales. Around half of British pooches are overweight, and 15% considered dangerously obese due to lack of exercise and too many treats.

## Fit FACT

FINISHING a meal with a slice of cheese helps neutralise the acid in your mouth and helps prevent tooth decay. Cheese is also rich in both calcium and phosphorous, which strengthen your tooth enamel.

## WHAT'S IN & WHAT'S OUT

FRAGILE BONES:

Osteoporosis is usually thought of as a women's disease but the National Osteoporosis Society says one in five men over the age of 50 will break a bone with the condition.

FLYING HIGH:

Jetting around the world is contributing to global warming. To ease your conscience and still fly,

Ben & Jerry's ice cream is calling for you to pay an offset against the length of your flight which funds renewable energy projects. Log on to benjerryuk.myclimate.org for info.

CALL CENTRES:

A new report shows two thirds of UK call centres fail to protect staff from hearing damage. So far 700 people have reported acoustic shock and received a total of £2.5million in compensation.

PUSHY PARENTS:

A rising number of

sporty teens are suffering anorexia or bulimia due to parents driving them to the edge.

COLD

**Fit**

# Chewin' the FAT

**TALK OVER YOUR HEALTH QUERIES WITH OUR PANEL OF EXPERTS**

**OUR** crack team of health experts want to help you solve your problems.

**They'll tackle anything from fear of flying to your most intimate sex worry.**

**Check out the panel on the right and see how you can contact them now.**

**Here they answer the latest batch of readers' queries...**

**DR CHRIS STEELE**

Health expert



One of the UK's best known GPs, Dr Chris, 61, has been giving tips on This Morning for eight years, plus on the radio. See [www.thefamilyGP.com](http://www.thefamilyGP.com)

**FRANCES FURLONG**

Beauty expert



A nurse for eight years, Frances, 29, was a sister in laser corrective surgery. Now a nurse practitioner in aesthetics, she's a professional practice graduate. [www.cityskinklinic.co.uk](http://www.cityskinklinic.co.uk)

**GARETH EDWARDS**

Nutrition expert



A member of the British Association of Nutritional Therapists, Gareth, 42, has a food-based approach to health issues. [www.food-for-life.co.uk](http://www.food-for-life.co.uk)

**PLEASURE PROFESSOR**

Sex expert



Famed for her appearances on Five's Trisha Show, our sexy prot, 30, is a teacher of tantric sex, yoga, reiki and EFT, with clinics here and in Spain. [www.pleasureprofessor.com](http://www.pleasureprofessor.com)

**HARVEY WALDEN**

Fitness expert



A US marine for 22 years, Harvey, 39, is famed for his boot camp approach to getting fitties fit on Celebrity Fit Club and a US version. [www.harveywalden.com](http://www.harveywalden.com)

**RON BRACEY**

Mind expert



Ron, 46, is a chartered clinical psychologist who has more than 20 years experience in both the public and private sectors. [www.urbanpsychologist.com](http://www.urbanpsychologist.com)

To contact our experts, text DSHEALTH followed by your name and question to 82100 (texts cost 25p plus your normal mobile operator cost), e-mail [health@dailystar.co.uk](mailto:health@dailystar.co.uk) or write to: Daily Star Health, Northern & Shell Building, 10 Lower Thames Street, London EC3R 6EN.

**Q** WHEN I've had one too many, I can only last a minute or so. What can I do to make this longer? STUART, London.



**THE PLEASURE PROFESSOR SAYS:** You could stop drinking before you have sex or try it in the day when your energy levels are up. It is better when you're sober.

If you do insist on having a few first, you need to know the art of control. Strengthen the muscle you use to pee by flexing it daily and when having sex, pull out your penis just before you orgasm and rest, this will produce a powerful climax.

# Go with my gut feelings

**Sexercise of the week**

**TRICEP DIPS**

**HOW TO DO IT:** Sit on a chair grasping the edges next to your thighs. Place both feet flat on the floor and slide your bum down until sitting just off the edge with your knees bent at 90 degrees. Lower yourself off by bending your elbows until the edge is level with your mid back. Your arms take all the weight then push yourself back up. Try a set of 20.

**HOW IT WORKS:** Strengthens and tones the back of the arms and shoulders – bingo wings aren't attractive in the bedroom. Strong arms help you manoeuvre into more athletic sexual positions and maintain them longer, prolonging pleasure for both. It also helps women lower themselves on to partners for face-to-face sex with a twist.

**Q** I SUFFER badly from bloating which leaves me self-conscious and can often make my jeans quite tight. My diet's not too bad and I don't snack – so what am I doing wrong? PAULA, Preston.

**GARETH SAYS:** We have to look at several areas that may be contributing to the situation – including diet and medications.

Certain foods including bread, fruit, pickles, vinegar, mustard and Marmite can feed unwanted bacteria in the gut, leading to bloating.

I'd replace these with brown pasta or lentils, fresh vegetables, olive oil, lemon juice, sea salt

and black pepper. Tea, coffee, fruit juice and canned drinks need to be replaced with herb teas, water and possibly fresh vegetable juices.

Try it for two to three weeks to see if it gets better. If you regularly use medications for minor ailments such as headaches, colds or flu this could be contributing to the problem.

Any medicine you have been prescribed should be reviewed with your physician if you want to stop it or phase it out.

If you are on the Pill, using a different form of contraception may be what's needed to help you feel a slim-Jim.

**Q** WHEN is it considered acceptable to ask a GP for a house visit for a child? GRAHAM McMANUS, Coleraine.

**DR CHRIS SAYS:** If you answer "yes" to any of the following it suggests your

**Q** I'M very fleshy around the jowls and have always had a double-chin, which I hate. Even when I lose weight this problem persists.

But my friend tells me that there are now cosmetic procedures that could help reduce the problem. Is this so?

EMMA JARDINE, Worthing.

**FRANCES SAYS:** This is a problem for men and women. We use mesotherapy, micro-injections of medication and vitamins to break down fat. An initial course of 10 and maintenance sessions are usually recommended. It's also ideal for treating other fatty areas such as saddlebags and love-handles.

**Fit FACT**

**CHILLIES** can help increase your metabolism by up to 50% for two to three hours after eating a meal. So if you want to be a red-hot lover and spice up your sex life, get the curry on the go and turn up the heat.

# Are you such a SAD case?

**Q** I SUFFERED really badly from depression last winter and I want to try to stop it happening again this year – can you give me some ideas of how to minimise the effects of SAD?

NATALIE, Cumbernauld.

**RON SAYS:** Seasonal Affective Disorder (SAD) can be helped by using artificial light boxes – but are you sure you have it?

If it was your first time you may have to search your soul for another explanation. Was there anything bad or stressful happening last year?

You may need to change your thinking or routines this year. Take plenty of exercise and do things in an unhurried way.

If you're full of sadness and feelings of low self-esteem, accept there may be other factors operating in your life.

Sadness and depression pass. It's like a psychological winter giving way to an optimistic spring. Speed it up by treating yourself to pleasant things.

**Fit FACT**

**DITCH** the fizzy drinks. The American Diabetes Association claims just one can of pop a day could increase the risk of diabetes by up to 85% and lead to a weight gain of around a stone in the space of four years.

# A slick quick way to fitness

**Q** I KNOW exercise is important but I work two jobs and have very little free time at all to work out. Is there some way I can do a mini-workout that is extra efficient so I can lose weight?

SARAH, Cheadle Hulme.

**HARVEY SAYS:** A mini-workout to help you lose weight?

Are you mad or just high on all that cookie dough?

Any exercise is good exercise but remember there is no quick and easy way to lose weight.

There are some mini-workouts that work well but depending on how overweight you are, you may need to tweak them a bit.

I've two I'm a fan of because they work the whole body and keep the heart rate up.

The first I call my "boot-camp circuit". You need no equipment and it involves calisthenics to work the body.

Between exercises you jog on the spot or march. If you are at home, watch the TV for 30 minutes and it's done before you know it.

The other is a gym circuit with the machines that hit the major muscle groups, moving from station to station and is also around 30 minutes.

DISTRIBUTION IS STRICTLY PROHIBITED

# SIVE: JUNGLE LIFE BRINGS OUT THE ANIMAL IN HER

# FIGHTING FIT PHINA

**■ SHE'S** turning into a wild animal in the jungle – and with these killer curves, Phina Oruche means business.

The Footballers' Wives star finally got her claws out on I'm A Celebrity...

And as our pictures show, the 34-year-old is in great shape for a fight.

After 10 days in the Aussie Bush, she's shown she is happy to get down and dirty in her battle to bag the Queen of the Jungle title.

The camp split – which saw the girls head off to Snake Rock on Monday – was just what she'd been waiting for.

Phina instantly declared all-out war with the boys, telling former pal Scott Henshall, 31: "This is going to get nasty." And boy, did she

By KATIE BEGLEY

mean it! Camp designer Scott didn't know what hit him as she fought him to get her hands on the Celebrity Chest.

She kicked him in the groin, scratched his chest and sank her teeth into his shoulder – just to win cheese and a few biscuits for the girls. "We battled and it turned into Jerry Springer," she said.

"I'm standing on national television in my bikini, covered in slime, fighting with someone I cried an hour ago to say goodbye to."

But the scrap has given her a taste of glory and now she's set her sights on "kicking the boys' behinds" – as well as following in the footsteps of

Carol Thatcher, 53, as this year's show winner.

It's not just the lads who have to watch out – as ex-newsreader Jan Leeming discovered yesterday. Camp moaner Jan, 64, suggested letting the lads win the next Celebrity Chest challenge. Phina stormed: "No way!"

And the Liverpool babe, who played lesbian Liberty Baker in Footie Wives, could get even nastier if the food shortage continues.

Yesterday, she declared she'd "strip naked, put kerosene in my hair and run naked down the street" in return for grub.

She added: "You know the signs that homeless people hold in California. 'Will work for food'? Mine could be 'Food prostitution'!"



**■ DEADLY BEAUTY:**  
The fellow celebs had better not mess with fabulous Phina



**■ DOWN 'N' DIRTY:** Phina tussles with Scott, below, to win the Celebrity Chest challenge



**DAILY STAR TV GUIDE****BBC One**

- 6.00 Breakfast** (W) (S) 69296613  
**9.15 Animal 24:7** (W) (S) 3150483  
**10.00 Homes Under The Hammer**  
 Stoke-on-Trent. (S) Followed by BBC News, Weather. 13358  
**11.00 To Buy Or Not To Buy** Sarah Walker presents. (W) (S) 3648  
**11.30 Bargain Hunt** Teams of Vikings compete. (W) (S) Followed by BBC News, (W) (S) Weather. 1608754  
**12.15 Cash In The Attic** (W) (S) 7532919  
**1.00 BBC News**, (W) (S) Weather 37938  
**1.30 Local News**, (W) (S) Weather 22763777  
**1.40 Neighbours** (AD) (S) 77105483  
**2.05 Doctors** (W) (S) 84032071  
**2.35 Murder, She Wrote** Angela Lansbury stars. (R) (S) 2758716  
**3.20 BBC News**, (W) (S) Local News, Weather 208358  
**3.25 CBBC: ChuckleVision** (AD) (R) (W) (S) 1416667 3.40 Arthur (W) (S) 9228984 3.55 Krypto The Superdog (R) (W) (S) 5449445  
**4.05 Smart** (R) (W) (S) 2555803  
**4.35 The Crust** (R) (W) (S) 8095174  
**5.00 Blue Peter** (W) (S) 6804377  
**5.25 Newsround** (W) (S) 7492254  
**5.35 Neighbours** (R) (S) 223532  
**6.00 BBC News**, (W) (S) Weather 735  
**6.30 Local News Programmes**, (W) (S) Weather 777



DIY SOS:  
Nick Knowles  
travels to  
Swindon to  
renovate a  
woman's  
lounge,  
8.30pm

**BBC Two**

- 7.00 CBBC: Batfink** (R) (W) (S) 5529358 7.15 WITCH (R) (W) (S) 2085396 7.40 Fergus McPhail (W) (S) 4197071 8.05 Serious Desert (R) (W) (S) 5009667 8.30 Cbeebies: The Koala Brothers (W) (S) 1401990 8.40 Underground Enrie (R) (W) (S) 1593280 8.55 Brun (R) (W) (S) 1420225 9.05 Balamory (AD) (R) (W) (S) Followed by Pingu. (R) (S) 3832803 9.30 Doodle Do (R) (W) (S) 6801919 9.50 Step Inside (R) (W) (S) 7951700 10.00 Barnaby Bear (R) (W) (S) 6120377 10.15 Our Planet (R) (S) 6030700  
**10.30 What The Ancients Did For Us** (AD) (R) (W) (S) 82532  
**11.30 The Daily Politics** (S) 82342  
**1.00 Lifeline** (R) (W) (S) 65014071  
**1.10 Small Town Gardens** (W) (S) 11653396  
**1.30 Working Lunch** (S) 37803  
**2.00 Coast** (W) (S) 16115342  
**2.15 Sun, Sea And Bargain Spotting** (R) (W) (S) 891551  
**3.15 Castle In The Country** Iveray Castle. (W) (S) 382613  
**3.45 Flog It!** (W) (S) 1730445  
**4.30 Ready, Steady, Cook** With Phil Vickery. (R) (S) 6602087  
**5.15 Weakest Link** With Anne Robinson. (W) (S) 3590209  
**6.00 Sudo-Q** Quiz show. (W) (S) 377  
**6.30 Strictly Come Dancing – It Takes Two** (W) (S) 629



TORCHWOOD:  
The team  
investigate  
a spate  
of deaths,  
9pm

**Channel 4**

- 6.00 Cubeez** (R,S) 6127483  
**6.10 The Hoobs** (AD) (R,S) 3190984  
**6.35 The Hoobs** (AD) (R) (S) (S) 3223071  
**7.00 Freshly Squeezed** 21377  
**7.30 Friends** (AD) (R,S) 37984  
**8.00 Everybody Loves Raymond** American comedy. (R,S) 21754  
**8.30 Will & Grace** (R,S) 20025  
**9.00 Frasier** (R,S) 11377  
**9.30 The Underdogs** (S) Followed by 3 Minute Wonder. (R,S) 32025  
**10.30 Teen Tycoons** A product designer naively targets market. (R,S) Followed by 3 Minute Wonder. (R,S) 58101  
**11.00 Harde Does** A crusade against religion. (R) Followed by 3 Minute Wonder. (R,S) 6358  
**11.30 School Of Hard Knocks** An aspiring boxer. (R,S) Followed by 3 Minute Wonder. (R,S) 7087  
**12.00 News At Noon** (S) 28613  
**12.30 Headland** (S) 3654822  
**1.25 Great British Brands** The history of Bisto. (R,S) 65115754  
**1.40 FILM: In Love And War** 2001 (PG) Premiere. Wartime drama, starring Clive Owen. (S) 12467990  
**3.30 Countdown** (S) 3367174  
**4.15 Deal Or No Deal** (S) 3377261  
**5.00 The New Paul O'Grady Show** With Roberta Taylor. (S) 8358  
**6.00 The Simpsons** (R,S) 445  
**6.30 Hollyoaks** (S) 975



HOW CLEAN  
IS YOUR  
HOUSE?:  
Kim Wooburn  
rescues  
another family  
in need of  
cleaning tips,  
8pm

- 7.00 Channel 4 News** Including sport and weather. (S) 858349

- 7.55 3 Minute Wonder: Best Of Fourdocs** Portrait of a girl in a country field. (S) 595822

- 8.00 How Clean Is Your House?** Kim Wooburn and Aggie MacKenzie tackle a terraced house in need of cleaning. Last in series. (S) 8735

- 8.30 Your Money Or Your Wife** With Cesarina Holm-Kander. Last in series. (S) 4342

- 9.00 Young@Heart** Following a New England-based chorus group made up of pensioners with an average age of 80, who have gained sensational reviews and critical success for their renditions of popular songs by bands such as Outkast, the Clash and Radiohead. The documentary meets some of the performers, who refuse to spend their twilight years in retirement homes, and instead thrive on taking to the stage. (S) 16475990

- 11.15 Goldplated** Cassidy is furious to discover the pact between John and Beth. Lauren is hostile toward everyone in rehab, and her misery is compounded when her mum delivers a statement. (S) 208193

- 12.20 Hollyoaks: In The City** (S) 4400859 1.25 Goalissimo 4547694  
**2.25 World Cup Skiing** 284859 4.10 Transworld Sport (R) (SL) (S) 5169007 5.05 3 Minute Wonder: Sons And Soldiers (R,S) 4725052  
**5.10 Countdown** (R,S) 2430043

**Five**

- 6.00 Milkshake! The Save-Ums!** (R,S) 27452984 6.15 Rolie Polie Olie (R) 77857648 6.40 MechaNick (R,S) 75462464 6.50 Hi-5 (R) 42819731  
**7.20 Ebb And Flo** (R) 2724667 7.25 Rupert Bear (R,S) 6510984 7.40 Make Way For Noddy (R,S) 4053209  
**8.00 Fifi And The Flowerpots** (R) 5971223 8.15 Peppa Pig 2940716  
**8.25 Thomas & Friends** 7977808  
**8.40 Roobarb And Custard Too** (R) 4637025 8.50 Mio Mao 4633209  
**9.00 The Wright Stuff** (S) 8842464  
**10.30 Trisha Goddard** (S) 8011342  
**11.30 five news** (S) 3875984  
**12.00 Home And Away** Brad rescues Belle and Sally from the fire. (AD) (R) (SL) (S) 7776445  
**12.30 BrainTeaser** 25929464  
**1.35 FILM: Where The Truth Lies** 1999 (PG) A political campaign manager is accused of murdering her employer, but refuses to reveal sensitive information that might prove her innocence. Drama, starring Marlee Matlin. (S) 83696468  
**3.30 FILM: Columbo: Troubled Waters** 1975 (PG) Columbo looks forward to a relaxing pleasure cruise. Drama mystery, starring Peter Falk. (S) 6965087  
**5.30 five news** (S) 2857280  
**6.00 Home And Away** Drew attends Peter's memorial. 2854193  
**6.30 In The Grid** 2845445



ASBO TEEN TO BEAUTY QUEEN:  
Michelle Fryatt  
is unimpressed  
with some of  
the girls,  
8pm

**ITV1**

- 5.30 ITV News** (S) 17808  
**6.00 GMTV** (W) (S) 8647822  
**9.25 The Jeremy Kyle Show** Talk show in which host Jeremy Kyle invites guests to air their differences. (W) (S) 6134754  
**10.30 This Morning** (S) 92342  
**12.00 This Morning – I'm A Celebrity Special** 20071  
**12.30 Loose Women** Sherrie Hewson, Kaye Adams, Carol McGiffin and Jane McDonald are joined in the studio by singer Michael Bolton. (W) (S) 80174  
**1.30 ITV News** (S) 31629  
**2.00 The Price Is Right** Joe Pasquale hosts. (W) (S) 7629  
**2.30 Dickinson's Real Deal** Shropshire man Ivan Lewis tries to decide whether to accept dealer Clive Attrell's offer for his collection of crockery. (W) (S) 83025  
**3.28 Local Weather** (S) 3045025  
**3.30 CITV: Pocoyo** (W) (S) 5459822  
**3.35 Jim Jam & Sunny** (S) 6518272  
**3.55 Tricky Quickies** (W) 2503538  
**4.00 Horrid Henry** (W) (S) 8694261  
**4.15 Bell's Boys** (AD) (S) 8511984  
**4.30 Jungle Run** (W) (S) 938  
**5.00 The Price Is Right** (S) 1209  
**5.30 I'm A Celebrity... Get Me Out Of Here! – Exclusive** The latest gossip. (W) (S) 990  
**6.00 Local News** (S) 803  
**6.30 ITV News** (S) 483



CORONATION STREET:  
Danny is  
horrified when  
he learns  
Frankie and  
Jamie's secret,  
7.30pm

7 PM

- 7.00 Open All Hours** Arkwright attends a former customer's funeral. (R,S) 6377  
**7.30 Real Story With Fiona Bruce** Wounded soldiers returning from Iraq talk about the treatment they receive on their arrival in Britain. (W) (S) 241

8 PM

- 8.00 Traffic Cops** Hampshire officers illustrate that issuing a ticket for a simple offence can often reveal more serious crimes. (W) (S) 5025  
**8.30 DIY SOS** The team visit Swindon to help a woman renovate her lounge. (S) 4532

9 PM

- 9.00 The Brain Hospital** New series following consultants at London's National Hospital for Neurology and Neurosurgery. Dr Stefan Brew races against time to treat a man who has suffered a brain haemorrhage. (W) (S) 8209

10 PM

- 10.00 BBC News** (W) (S) 51272  
**10.30 Local News**, (W) (S) Weather 709667  
**10.35 The National Lottery Draws** (W) (S) 708938  
**10.40 One Life** A daughter struggling to deal with the changing relationship with her mother following the onset of Alzheimer's. (R) (S) 417984

11 PM

- 11.35 FILM: Pleasantville** 1998 (12) Fantasy, starring Tobey Maguire, Jeff Daniels, Joan Allen and William H Macy. (AD) (S) Followed by Weatherview. 495613

12 midnight

- 1.35 Sign Zone: Planet Earth** (AD) (R) (SL) (W) (S) 8797743 2.35 Sign Zone: A Child Against All Odds (R) (SL) (W) (S) 7371304  
**3.35 Sign Zone: Digging Deep** (AD) (R) (SL) (W) (S) 87240491 4.05  
**6.00 BBC News** 24 (S) 234255

(S) SUBTITLES (R) REPEAT (AD) AUDIO DESCRIPTION (SL) SIGN LANGUAGE (W) WIDESCREEN

12

- 8.00 The Bill** Linda Robson and Nicola Stapleton guest star as love rivals in a domestic incident that takes a sinister turn when a power cut throws the Sun Hill custody office into darkness. (AD) (W) (S) 2223

- 9.00 I'm A Celebrity... Get Me Out Of Here!** Ant and Dec present the celebrity survival challenge, as the famous faces continue their ordeal in the Australian jungle, struggling to complete the daily tasks and Bush Tucker Trials. (W) (S) 9209

- 10.30 ITV News** Including Local News and Weather. (S) 10648

- 11.00 Casino Royale: Royal World Premiere** ITV Special Jenni Falconer joins stars of the film. (S) 804261

- 11.35 Entourage** Drama decides to have surgery on his calves to boost his career. (S) 836445

- 12.05 The Mint** Interactive game show in which celebrities drop in to chat and play along. (W) Followed by ITV News. 70806746  
**4.05 The Jeremy Kyle Show:** Talk show in which host Jeremy Kyle invites guests to air their differences. (R) (SL) (S) 1092142  
**5.00 ITV Nightscreen** 80507

**ITV2**

- 9.25 Coronation Street** Becky looks set to show her true colours after arguing with Kelly in the cafe. (AD) (R) (W) (S) 1607087  
**9.55 Emmerdale** (R) (S) 1624209  
**10.25 Montel Williams** (R) 2857822  
**11.10 Judge Judy** (R) (S) 3121700  
**12.30 Coronation Street** The Underworld gang plan a Christmas party. (AD) (R) (W) (S) 32445  
**1.00 Emmerdale** (R) (W) (S) 97358  
**1.30 The Jeremy Kyle Show** Talk show. (R) (W) (S) 5335984  
**2.35 The Jeremy Kyle Show** Talk show. (R) (W) (S) 1803377  
**3.40 Ricki Lake** (R) 7446532  
**4.30 Sally Jessy Raphael** US chat show. (R) 8052613  
**5.15 Airline** (R) (W) (S) 275994  
**5.45 Judge Judy** (R) (S) 3804613  
**7.00 The New Adventures Of Superman** A strong heatwave hits Metropolis in the middle of winter, causing the townspeople to believe the Man of Steel is responsible for the odd weather. (R) 67006

- 8.00 Nanny 911** The British experts come to the aid of an American couple. (W) 76754

- 9.00 Driving Mum And Dad Mad** Joanna Dundon braves a shopping trip with five-year-old Rio, but finds it a challenge. (SL) (W) 56990

- 10.00 Coronation Street** Danny finally discovers Jamie and Frankie's secret. (AD) (R) (W) (S) 18377

- 10.30 I'm A Celebrity... Get Me Out Of Here Now!** (W) 10957

- 11.30 I'm A Celebrity... Get Me Out Of Here! Live** Uninterrupted coverage. (W) 265551

- 1.00 Playdate: ITV Play** 1352675

- 4.00 Playalong: ITV Play 14762

**ITV3**

- 5.40 ITV3 Nightscreen** 84330209  
**6.00 Survival** (R) 6645613

- 6.55 Peak Practice** (R) 8631342  
**7.55 Ironside** (R) 9754445

- 8.55 Rockford Files** (R) 2399434  
**9.55 Outside Edge** (R) 8215754

- 10.30 Outside Edge** (R) 8691667  
**11.05 Agatha Christie's Poirot**

- Starring David Suchet. (R) 4158464  
**12.10 Rumpole Of The Bailey**

- Courtroom drama. (R) 2339377

- 1.20 Wycliffe** (R) 5936754  
**2.25 Ironside** (R) 7515919

- 3.25 Goodnight Sweetheart**

- Time travelling comedy. (R) 2012342  
**4.00 The Rockford Files** An old friend asks Jim for help. (R) 8509377

- 5.05 Peak Practice** (R) 2221532  
**6.10 Goodnight Sweetheart**

- Gay must prevent a photograph of him in 1940 coming to light. (R) 5015342  
**6.50 Rumpole Of The Bailey**

- (R) Courtroom drama. 1953558

- 7.55 Bramwell** (R) 1860667

- 9.00 Heat Of The Sun** A Scotland

- Yard detective uncovers murder, arson and drug dealing when he is sent to Nairobi. (R) 3471754

- 11.10 Cracker** Tina finally breaks down under interrogation from Fitz, Bilborough and Penhaligon. She confesses she knows who Sean is, and that her sister will be his next target. (R) 1228822

- 12.00 The Bill** (R) (W) (S) 6252149

- 1.20 Forever Green** (R) 2423101

- 2.20 Peak Practice** (R) (S) 6625149

- 3.15-5 Teleshopping** (W) 9661656

**ITV4**

- 6.00 Miami Vice** (R) (S) 60024193

- 7.00 The Saint** (R) 58293667

- 8.00 Police, Camera, Action!**

- Motoring madness. (R) 72938367

- 8.30 LAPD: Life On The Beat**

- Following officers going about their daily duties. (R) 32732764

- 9.00 American Gothic** Newcomers make the mistake of trying to set up a protection racket in Trinity – and soon learn the consequences of meddling in the sinister Sheriff Buck's affairs. (R) 58282551

- 10.00 Vincent** The team are asked to look into the murder of a lottery winner, where the chief suspect is a man with a personality disorder. (R) (W) (S) 97908700

- 11.30 World Poker Tour** Six celebrities, including Drew Carey and Mimi Rogers, take part. 45121735

- 1.20 Millennium** (R) (S) 42416025

- 2.15 Miami Vice** (R) (S) 16854138

- 3.15 Millennium** (R) (S) 60006965

- 4.00 Teleshopping** 44791410



CORONATION STREET: ITV1, 7.30pm

## ALAN FRANK'S TELLY MOVIES

### STAR RATINGS

\*\*\*\*Don't miss it \*\*\*\*Good \*\*\*Average \*Time filler \*Garbage!

### WHERE THE TRUTH LIES

(TVM, 1999) \*\*\* Five 1.35-3.30pm. Courtroom thriller. Lawyer Regina King uncovers startling facts when she begins an investigation to clear the name of her deaf client who has been accused of murdering a political candidate. Also starring Marlee Matlin and Phillip Lester.

### IN LOVE AND WAR

(TVM, 2001) \*\*\* Four 1.40-3.30pm. Fact-based WW2 drama. Escaped British prisoner-of-war Calum Blue takes shelter in the home of an Italian couple and gradually finds himself falling in love with their daughter. Also starring Barbara Bubolova, Peter Bowles, Nick Reding and John Wainaby.

### COLUMBO: TROUBLED WATERS

(TVM, 1975) \*\*\* Five 3.30-5.30pm. Thriller. Dishevelled detective Peter Falk is looking forward to enjoying a leisurely pleasure cruise but his voyage is disrupted by the presence of a killer among the other passengers. Also starring Robert Vaughn, Patrick Macnee and Dean Martin.

### SNAKE EYES

(1998) \*\*\* Five 9.00-11.00pm. Thriller. Corrupt policeman Nicolas Cage ends up out of his depth when he investigates the fatal shooting of a senior US Defense Department official whose bodyguard was an old friend of his. Also starring Gary Sinise, John Heard and Carla Gugino.

### PLEASANTVILLE

(1998) \*\*\* BBC1 11.35pm-1.35am. (c + b/w). Fantasy comedy-drama. Teenagers Tobey (Spiderman) Maguire and Reese Witherspoon are mysteriously transported into the black-and-white world of a 1950s television soap opera. Also starring Jeff Daniels, Joan Allen and J T Walsh.

### REGIONAL VARIATIONS

BBC1 Variations WALES: 1.30-1.40 Local News; Weather 22063777 3.20-3.25 BBC News, Local News, Weather 3028358 6.30 Local News 777 7.00 iolo's Welsh Safari 6377 7.30-8.00 Coming Home: Roll Harris 241

10.40 Frontline Iraq 947919 11.10 One Life 740984 12.05 Film: Pleasantville 996675 2.05-2.35 Sign Zone: A Week Of Dressing Dangerously 7267300

BBC2 Variations WALES: 11.30-1.00 Am.p.m. 82342 7.00 Making A Big Oh Ebay 1799 7.30-8.00 Johnny

Kidnapped Year On Exodus 6132 11.30 Film: ANGLIA: 2.25-3.30 Local News 803 11.30-1.00 BBC1

1.20 Film: MERIDIAN: 3.28-3.30 Meridian Weather 3045025 6.00-6.30 Local News 803 ITV1 CHANNEL: 3.25-3.30 Puffin's Plat(ice): Fun with Oscar Puffin and Harry the Hedgehog. 3045025 6.00 Local News Weather 147629 6.15-6.30 What A Waste: The benefits of washing nappies. 995764 6.59-7.00 Local News 498241 ITV1 WEST: 3.28-3.30 ITV West Weather 3045025 6.00-6.30 Local News 803 ITV1 WALES: 3.28-3.30 ITV Wales Weather 3045025 6.00-6.30 Local News Weather 803 11.00-11.35 Glee Time 804261 ITV1 WEST/COUNTRY: 3.28-3.30 Westcountry Weather 3045025 6.00-6.30 Local News 803

S4C As Channel 4 except 9.00 Ysgolion. Followed by Story Of The Year 224 11.00-12.00 Bitesize Cymraeg. All-ith 74728132 12.30 Planed Plant Bach 67045822 1.15 3 Minute Wonder: Best Of Foundries 36492975 1.20 Your Money Or Your Wife 90484919 1.55 How Clean Is Your House? 9215087 2.25 Deal Or No Deal 51404483 3.10 Countdown 76310006 4.00-5.00 Planed Plant 74718716 6.30 Rownd A Rownd 13562464

7.00 Wedi 7 67598938 7.30 Newyddion 13568648 8.00 Pobol Y Cwm 58433754 8.25 Y Brodais Fawr 9.00 04 Wal 74634700 9.30 Siop Gelf 99967396 10.00 Ramsay's Kitchen Nightmares 38500667 11.00 How Clean Is Your House? 7471945 11.30 Goldplated 24633464 12.30 The River Cottage Treatment 89123946 1.30 Holby City 8439100 1.45-2.00 The MasterChef Masters 1014101 3.25 Extraordinary Breastfeeding 34591472

4.20 South American Championship Football 79949497

# MIKE WARD

## WHAT'S HOT TO WATCH TODAY



### THE waiting is over.

**CORONATION STREET'S** Danny Baldwin is about to experience the most miserable night of his life (ITV1, 7.30pm).

Yes, the Underworld staff v management darts match in the Rovers, the winners of which must cough up the full cost of the company's Christmas bash, is about to go horribly wrong, with Paul muffing an easy winning shot and Janice seizing her chance to snatch a famous victory for the underdog girls.

But that's not all that turns sour for Danny this evening. As he heads for the Rovers' exit, declaring: "I can't stand round here

with all this crowding," little does he know the shock that awaits him when he returns home.

"Hope you ain't gone to kip, babe," he merrily cries out to Frankie, as he walks through the door, "because I've got something to cheer you up!"

Unfortunately, Frankie is indeed already between the sheets – and, yep, she's got her stepson/lover Jamie keeping her warm.

Danny opens the bedroom door and can't believe the sight that greets him. Temporarily lost for words, he turns and walks out again, numb with shock.

By the time the lovers have thrown on clothes and stepped out

to face the music, Danny has regained the power of speech.

"Tell me what that was," he mutters, "because it ain't what it looked like. It can't possibly be, can it...?"

### ELSEWHERE, OZ AND JAMES'S BIG WINE ADVENTURE

(BBC2, 8pm) sees Top Gear's James May heading off on a road trip through France with wine buff Oz Clarke, its aim being to educate the sceptical May about all things wine-related. He sets the tone nicely when he admits it's just the boozing that appeals, adding: "I don't give a pig's fart for the 'woody high notes'"

mike@mikeward.tv

# Keeping Up Appearances

9pm tonight

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# MATT BAYLIS



...ON LAST  
NIGHT'S TV

IT must be one of the most chilling unsolved murder mysteries in British criminal history, so it's not surprising that people are still arguing about the identity of London's most infamous serial killer.

**JACK THE RIPPER - THE FIRST SERIAL KILLER: REVEALED** (Five) put an impressive team of experts to work on the subject - using behavioural psychology, DNA testing, and some very Space Age computer wizardry called geo-profiling.

They looked at the way 'Jack', if he deserves to be given a first name at all, targeted prostitutes within a very small and distinct quarter of East London in 1888. They tried to work out what was going through his mind, when he removed

parts of their innards, and dragged their bodies into prominent positions so that they could be swiftly discovered.

They cross-referred the 13 different descriptions of a man seen near the five victims before or after the killings, and came up with a photo-fit, which looked uncannily like my old physics teacher.

## Pinpoint

With their geo-profiling software, they looked at the pattern of the crimes, to pinpoint the streets where the killer was most likely to have dwelt.

All of this gave our investigators a massive advantage over the poor, beleaguered Victorian coppers, who had no

knowledge of blood-typing, or fingerprinting, and also made the crucial mistake of assuming they were looking for a raving madman.

But you know what? 118 years later, with all the latest crime-cracking software at their fingertips, they still couldn't tell us who he was.

He's likely to have lived on a street in the Spitalfields area of London and he's likely to have been one of the scores of local people interviewed by the police and discounted.

These, in the end, were the only things they could tell us - a couple of scraps of information so meagre they might as well not have bothered.

## FILMS

### SKY MOVIES 1

**6.00am Big Bully (1995) (PG)**

Comedy, starring Rick Moranis, 68296342

**7.40 Here Comes The Son (1996) (PG)**

Family drama, 76771483

**9.15 Duma (2005) (U)** Stirring drama,

starring Alexander Michaletos, 88437025

**10.55 The Sixth Man (1997) (PG)**

Fantasy, with Marlon Wayans, 67867716

**12.50pm Big Bully (1995) (PG)**

Comedy, starring Rick Moranis, 38949667

**2.25 Here Comes The Son (1996) (PG)**

Family drama, starring Scott Bakula, 775984

**4.00 Duma (2005) (U)** Stirring drama,

starring Alexander Michaletos, 9006

**6.00 The Sixth Man (1997) (PG)**

Comic fantasy, starring Marlon Wayans, 31613

**8.00 Hellboy (2004) (12)** Action

fantasy, starring Ron Perlman, 16358

**10.00 Die Hard With A Vengeance (1995) (15)** Action thriller, starring Bruce Willis, 97315087

**12.15am Darkman II: The Return Of Durant (1994) (18)** Horror sequel,

starring Larry Drake, 517217

**2.00 Dead Man Walking (1995) (15)**

Fact-based drama, starring Susan Sarandon, 26968491

**4.10 Fat Slags (2004) (15)** Tawdry

comedy, starring Fiona Allen, 8159588

**5.40-6.00 Pan's Labyrinth - Making Of**

Preview of the forthcoming horror film, 3317762

### RADIO

**Radio 1 (FM: 97.6-99.8 MHz) 7.00** The Chris Moyles Show, 10.00 Jo Whiley.

12.45 Newsbeat, 1.00 Edith Bowman,

4.00 Scott Mills, 7.00 Zane Lowe, 9.00

Jo Whiley's In Live Music We Trust,

10.00 Colin Murray, 12.00 Vic Galloway,

2.00 Gilles Peterson, 4.00 JK And Joel,

**Radio 2 (FM: 88.90-92.0 MHz) 6.00** Aled Jones: The Dawn Patrol, 7.30 Wake Up To Wogan, 9.30 Ken Bruce, 12.00

Jeremy Vine, 2.00 Steve Wright In The Afternoon, 5.00 Chris Evans, 7.00 Nick Barracough, 8.00 Mike Harding, 9.00 Courtney Pine's Jazz Crusade, 10.00 You Send Me - The Sam Cooke Story,

10.30 The Mark Radcliffe Show, 12.00 Janice Long, 3.00 Alex Lester,

**Radio 5 Live (MW: 909, 693 kHz) 5.00**

Morning Reports, 5.30 Wake Up To Money, 6.00 Breakfast, 9.00 Matthew Bannister, 11.55 Prime Minister's Questions, 12.30 News, 1.00 Simon Mayo, 4.00 Drive, 7.00 Five Live Sport:

Commentary on this evening's

Champions League matches, featuring

Werner Bremen v Chelsea and Liverpool v PSV Eindhoven, 10.00 Mark Pougatch At The Ashes, 1.00 Up All Night,

**Virgin Radio (MW: 1215, 1197, 1242 kHz) 6.00** Christian O'Connell's Breakfast Show, 10.00 Russ Williams,

1.00 Neil Francis, 4.00 Martin Collins,

7.00 Steve Harris, 10.00 The Geoff Show, 1.00 Greg Burns, 4.00 John Osborne.

### SPORT

### SKY MOVIES 2

**6.30am Her Own Rules (1998) (PG)**

Drama, 43342

**8.00 Stay Tuned (1992) (PG)**

Comedy, 86025

**9.30 Miracle On The 17th Green (1999) (U)** Drama, 94710822

**11.05 Lemony Snicket's A Series Of Unfortunate Events (2004) (PG)**

Fantasy, 92801236

**1.00pm Her Own Rules (1998) (PG)**

Drama, 45006

**2.30 Stay Tuned (1992) (PG)**

Comedy, 21984

**4.00 Miracle On The 17th Green (1999) (U)** Drama, 17045174

**4.45 Lemony Snicket's A Series Of Unfortunate Events (2004) (PG)**

Fantasy adventure, 418342

**7.45 Pan's Labyrinth - Making Of**

Preview of the horror film, 866822

**8.00 Hotel Rwanda (2004) (12)**

Acclaimed drama, starring Don Cheadle, 80960174

**10.05 Constantine (2005) (15)**

Supernatural thriller, 764321

**12.05am The Jackpot (2005) (15)**

Thriller, 513491

**1.50 Hood Rat (2001) (15)** Thriller,

2937149

**3.20 The Butcher's Wife (1991) (15)**

Comedy, 225491

Sky Box Office Digital movies can be ordered using the handset from the on-screen listings guide.

### SKY SPORTS 1

**6.00am You're On Sky Sports! 44803 7.00**

WWE: Heat 66208 **8.00** Football Asia 14551

**8.30 European Seniors Tour Golf** 93464 **9.30**

Golf 115716 **12.30pm Live International Cricket** South Africa v India, 2513209

**5.00 Live UEFA Champions League** Spartak Moscow v Bayern Munich (Kick-off 5.30pm), 727280

**7.30 Soccer Special** News and results from tonight's matches, 73667

**10.00 You're On Sky Sports! Grass-roots football comment, 73667**

**11.00-6.00 Live Test Cricket** Australia v England, The Ashes series gets under way with the First Test at the Gabba in Brisbane, where Andrew Flintoff's men begin the defence of the famous urn, 9028087

**3.00am You're On Sky Sports! 4745728**

**SKY SPORTS 2**

**6.00am Aerobics Oz Style 3766803 6.30**

Shift Adventure Snowriders 1407025 **7.00**

Aerobics Oz Style 3374822 **7.30 Shift**

Adventure Snowriders 3360629 **8.00**

Sports Unlimited 7683984 **9.00 Shift Adventure**

Snowriders 5101862 **9.30** The Dogs 9691464

**10.00 Poker Million** 9508700 **12.00noon**

The Dogs 5006218 **12.30** Champions League 9695280 **1.00** Champions League 3373193

**1.30 Champions League** 9694551 **2.00**

Champions League 2910629 **2.30** Champions League 9029483 **3.00** Champions League

2922464 **3.30** Champions League 9928700

**4.00 UEFA Champions League** 9010735

**4.30 Golf** 2648377 **7.30 Live UEFA Champions League** Werder Bremen v Chelsea (Kick-off 7.45pm). Coverage of the penultimate Group A match for both sides at the Weserstadion, 9416532 **11.00 Live Golf**

Coverage of the second and final day of the PGA Grand Slam of Golf, which sees two of this season's Major winners compete at the Poipu Bay Golf Course in Hawaii, 5001700

**3.00am You're On Sky Sports! 4745728**

**SKY SPORTS 3**

**10.00am Rally Fever** 14572261 **11.00**

Racing News 70520716 **11.30 Aerobics Oz**

44683938 **1.00 World Pool League** 44669358

**2.00 Shift Adventure** Snowriders 69607735

**2.30 360 Surfing** 38024667 **3.00 WWE:**

Bottom Line 70528261

**4.00 WWE: Afterburn** 70544396

**5.00 Live International One-Day Cricket** South Africa v India, 26364006

**6.00 European Tour Weekly** The latest news from the golf circuit, 70533280

**9.30 Clay Pigeon Shooting** The World Sporting Championships, 44684667

**10.00 Ten Pin Bowling** The 2006 Weber Cup, 52694025 **11.00 Transworld Sport**

Action and features from around the globe, 14573990 **12.00midnight** Watersports

World 31670859 **1.00 Poker Million** 79778588

**11.15am E4 Music: Uninterrupted**

**7.30 Wake Up With Faithless** 8.30

Whatever You Want 11.00 Nothing

But Manchester 12.00noon E4 Music:

Uninterrupted 1.00 Freshly Squeezed Extra 2.00 The OC 3.00

Reunion 4.00 Scrubs 4.30 Hollyoaks

5.00 Friends 5.30 Friends 6.00 The OC

7.00 Hollyoaks 7.30 Scrubs

8.00 Friends 8.30 Friends 9.00

Desperate Housewives 10.00 Bo! In

The USA 10.50 Star Stories 11.20

Scrubs 11.50 Scrubs 12.15am Goldiplated 1.20 Sex And The City

1.55 No Angels 2.55 Star Stories

3.20 No Angels 4.20 Reunion 5.00

Switched 5.25 Switched!

### MORE4

**11.15am Countdown** 12.05pm

Deal Or No Deal 12.55 Paul O'Grady

Show 2.00 Film: South Of St Louis

(1948) U 3.35 ThirtySomething 4.35

Film: The Tall Stranger (1957) (PG)

6.05 Deal Or No Deal 7.00 A Place

In The Sun 8.00 More News 8.30

Jon Stewart 9.00 30 Days 10.00

Scars 11.05 Starkey's Last Word

11.35 Jon Stewart 12.05am 30

Days 1.05 Stars

**televisionX** (SKY 903)

10.00pm Freewheel 10.10 The Two

Jonnies 10.30 Eurochicks 10.35

A\*\*\* Teens 10.55 The Omar Show

11.00 Freewheel 11.10 The Omar

Show 11.25 Glamour S\*\*\* 11.40

Road Trip - Esher Midnight Freewheel

12.10 Road Trip - Esher 12.15

Amsterdam Central 12.35 Ben Dover

1.00 Anna's Place 1.20 Twin Cheeks

1.35 C\*\*\* Crazy 1.55 Action Time

2.00 North Pole 21 3.10 Perfect Pink



**By Kettle & Christine**  
[www.beaupeep.com](http://www.beaupeep.com)

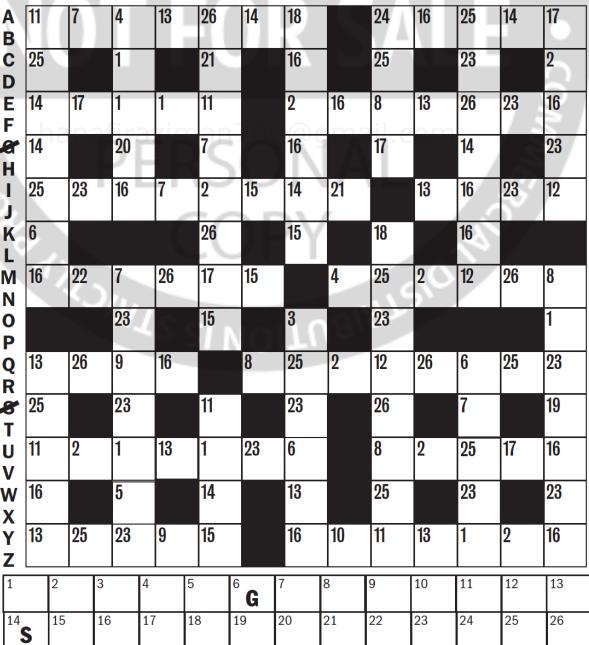
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**Alphapuzzle™** tests your logic and word power. Each grid number represents a letter. Every letter of the alphabet is used. Use the given letter or letters – below the main grid – to start. Solution tomorrow.

**DIFFICULTY:** 8/10 **TARGET:** 27 minutes  
**CLUE:** Even criminal is up to meet.

**YESTERDAY'S SOLUTION:**

**Across:** Eddy, Conquest, Peasant, Issue, Ditch, Astray, Tabard, Enzyme, Drivel, Tithe, Adept (clue), Curtail, Landlady, Skid.

**Down:** Expedite, Fail, Draft, Burgeon, Gather, Vital, Outlaw, Placid, Quilt, Nature, Ecstasy, Thank, Jewelled.

**EXTRA LETTER CLUES:** 0906 751 3120 Hear up to six extra letters. Deduct two minutes for each clue letter heard  
• Alternatively, text DSALPHA to 86100 and we will text the six extra letter clues direct to your mobile.  
• Text cost £1 plus normal network operator rate.

**FULL SOLUTION:** 0906 751 3121  
• Calls cost 75p per minute from BT landlines



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## TWO-WAY TEASER

CRYPTIC CLUES  
ACROSS

- Notes that don't take long to write? (7)
- Tackle I'd to give without bending (5)
- Simpleton you can get a drink out of (3)
- Individual Len upset in staff (9)
- Group has to in a brawl (3,2)
- He's not accepted amongst those playing away (7)
- Architectural feature in the paper? (6)
- A fellow has attack, full of fear (6)
- A hug gets me over a couple (7)
- Show-off's movement that has you in a spin! (5)
- How the PC will achieve slow advancement? (4,5)
- Rock for Margaret to throw over (3)

## 24 Top mark such as this is high-class (5)

25 Drunk when hit by custard? (3-4)

## DOWN

- Mother's swallowing penny causing ailment (5)
- The Black Card is a place of entertainment (5-4)
- A bar to TV cat swallowing a professional (7)
- The vicar's address! (6)
- Twisted sort has in-built ring for perch (5)
- Drink can be a trap! (3)
- Instrument did outside with water added (7)
- Surprisingly this is how you get stuck in garden puzzle? (9)

**YESTERDAY'S SOLUTION:** ACROSS - 1 Rigor mortis, 7 Who, 9 Charlatan, 10 Errred, 11 Wreck, 14 Nude, 15 Heir, 16 Educate, 17 Chip, 19 Naff, 20 Edits, 23 Allot, 26 Highchair, 27 Run, 28 Down payment. DOWN - 1 Rocking-chair, 2 Goal, 3 Ruler, 4 Optic, 5 Tune, 6 Swerve, 8 Order of merit, 11 Weep, 12 Exude, 13 Khaki, 15 Hens, 18 Inland, 21 Dig up, 22 Tacky, 24 Thaw, 25 Hare.

## 13 Each different enclosure is cut price (7)

15 Soldier's duty creates tiredness (7)

## 16 In pure analysis, company has to recover (6)

18 A load of laundry almost sinking (5)

20 Disabled boy has to hold me (5)

22 Choose to get to work on time (3)

## QUICK CLUES

## ACROSS

- Notes taken at meeting (7)
- Stiff (5)
- Coffee beaker (3)
- Employee of an organisation (9)
- Begin to work (3,2)

**YESTERDAY'S SOLUTION:** ACROSS - 1 Rigor mortis, 7 Who, 9 Charlatan, 10 Errred, 11 Wreck, 14 Nude, 15 Heir, 16 Educate, 17 Chip, 19 Naff, 20 Edits, 23 Allot, 26 Highchair, 27 Run, 28 Down payment. DOWN - 1 Rocking-chair, 2 Goal, 3 Ruler, 4 Optic, 5 Tune, 6 Swerve, 8 Order of merit, 11 Weep, 12 Exude, 13 Khaki, 15 Hens, 18 Inland, 21 Dig up, 22 Tacky, 24 Thaw, 25 Hare.

## 11 A person who is rejected (7)

13 Row of newspaper type (6)

## 14 Frightened (6)

17 Hug (7)

19 Spin around (5)

21 Make one's way steadily and laboriously (4,5)

23 A precious stone (3)

24 V-shaped nick (5)

25 Drunk (3-4)

## DOWN

1 Childhood disease (5)

2 Place for evening entertainment (5-4)

3 Bar in pub (7)

4 Religious address in church (6)

5 Perch (5)

6 A spirit (3)

7 Watered down (7)

12 Astonishingly (9)

13 Degrade (7)

15 Tiredness (7)

16 To reimburse (6)

18 Level with the waves (5)

20 Crippled (5)

22 Choose (3)

Solve the crossword in the usual way, then rearrange the shaded letters to spell out the name of a comedian (5,5)

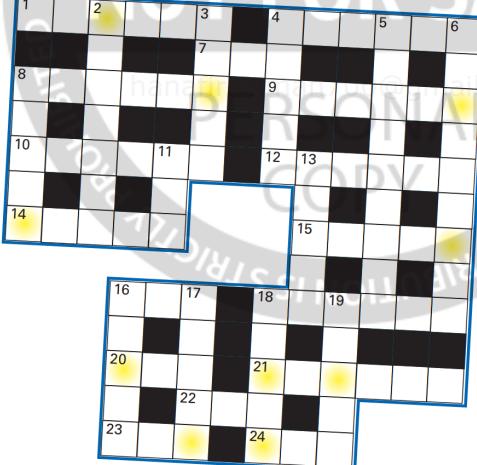
## STARQUEST

## ACROSS

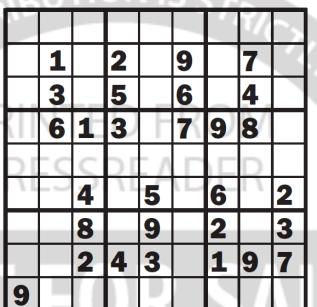
- Occupant (6)
- Brussels \_\_\_, green vegetable (6)
- Noah's ship (3)
- Roadside channel (6)
- Imbue (6)
- Messy (6)
- Interfere, meddle (6)
- Rural bumpkin (5)
- Compare (5)
- Fire remains (3)
- Brief pang (6)
- Central part of a wheel (3)
- Sewing tool (6)
- Satchel (3)
- Beam of light (3)
- Ingest (3)

## DOWN

- Group of broadcasting stations (7)
- Loiter (5)
- Woman's garment (5)
- Frank (9)
- Ability to endure (9)
- Effervescent (5)
- Joey, Frank Sinatra film (3)
- Authorise (5)
- Find repugnant (5)
- Pastime (5)
- Colour slightly (5)
- Unskilful (5)



## SUDOKU



Extra clues: 0906 751 3124 Calls 75p/min from BT landline

YESTERDAY'S  
SOLUTIONS

## PATHFINDER

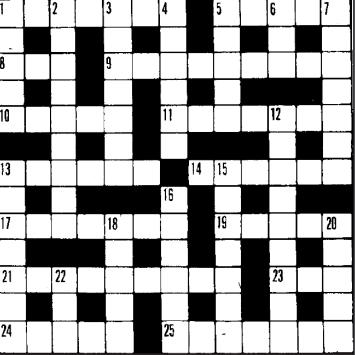
Michael Owen, Bobby Moore, David Seaman, Kevin Keegan, David Beckham, Bobby Charlton, Glenn Hoddle, Paul Ince, Alan Shearer, Gary Lineker, Peter Shilton.

## WORD LADDER

PART, WART, WAIT, WAIN, LAIN, LOIN, JOIN, GUMS, HUMS, HAMS, HAGS, LAGS, LAPS, LIPS.

ANSWERS IN  
TOMORROW'S  
DAILY  
STAR

Two sets of clues but the answers are the same  
ANSWERS TOMORROW



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# Just Jane



JANE O'GORMAN SOLVES  
YOUR PROBLEMS TODAY  
... AND EVERY DAY

I'M NOT  
UP FOR  
TRICKS

## MY FELLA ROMPED WITH EX AT PARTY

### BATHROOM SEX SHOCKER ENDS MARRIAGE PLAN

I TRULY believed my boyfriend and I would be together forever.

We got on so well and had planned a perfect future – but at our engagement party three months ago my best friend found him having sex with some other girl in the bathroom.

The someone else just happened to be his ex who had sneaked into my parents' house where the party was in full swing without me seeing her.

My friend opened the bathroom door and there they were over the sink.

#### Scream

My mate screamed and my mum came running up the stairs, pushed past my friend and dragged my boyfriend off this slag, passed him to my dad who thumped him and chucked him out.

My mum then slapped the girl and she ran off crying.

I was left in tears but all my friends and family were a fantastic support as I tried to rebuild my life.

They all said they weren't surprised as they'd never liked him or trusted him and I should forget him and get on with my life.

I'm now torn because I really want to get back together with him, but I'm sure my friends and family won't let me, despite the fact that I'm 23.

**JANE SAYS:** If it was just a case of your friends and parents laying the law down about who you can and can't go out with, I'd say ignore them, it's your life.

But this guy cheated on you with his ex-partner at your engagement party in your parents' bathroom.

It's no good him making the excuse that he only let her in as a dare – what was he thinking of?

He was meant to be getting engaged to you, not sneaking his ex in.

He has now realised what he's lost and is desperate to get you back, but don't be so gullible.

He's just too immature to have a proper relationship with.

Despite you thinking you still love him, he has hurt and humiliated you on what was supposed to be a happy occasion.

Your friends and family are just trying to protect you from the hurt this guy will cause you if you get back together.

They care about you and aren't blinded by love to this guy's faults like you are.

If this isn't the reply you want, by all means go back with him, but you will only be letting yourself in for a load of pain and heartache.

He had no idea that she was

going to insist they have sex, and he would do anything to take back what he did.

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He had no idea that she was



ALL WASHED UP:  
Fiancé romped with  
his ex at engagement bash

### LAZY GIRL RUINS XMAS

WHILE I'm slaving away at three jobs so we can have a great family Christmas, my girlfriend is swanning around having her nails and hair done.

She doesn't have a job and it's up to me to provide the extra we need to buy my three kids – who live with their mum – a fantastic present.

She also expects me to buy her what she wants, to put the food on the table for her mum, brother and his wife on Christmas Day and on Boxing Day, to have enough food for my kids and to make the house nice.

When we met she had a well-paid job, but gave it up when she moved in.

What can I do?

**JANE SAYS:** Do you have MUG written in large letters across your forehead?

This woman is taking you for a ride and if you're not happy then you really need to have a talking with her now.

Tell her she has got to pull her weight or her family won't be welcome in your home at Christmas.

Your priority is providing for your children and everything else comes second.

Keep your money where she can't help herself to it and make sure she knows that if she wants her hair and nails done, to say nothing of new clothes, she'll have to provide them herself.



### JANE'S ADVICE LINES

**0906 751 3140**

Find Your Soul Mate

**0906 751 3141**

Great Sex For Him

**0906 751 3142**

I Want Bigger Boobs

**0906 751 3143**

Sizzling Sex

**0906 751 3144**

Stop The Split

**0906 751 3145**

We Argue all the Time

**0906 751 3146**

My Sex Life is Boring

**0906 751 3147**

Confidence

**0906 751 3148**

Coping with a Break Up

**0906 751 3149**

Coping with jealousy

**0906 751 3150**

Fantastic Sex

**0906 751 3151**

Female orgasm

(Calls cost 75p per minute from a BT landline)

**0906 751 3152**

Finding the Perfect Partner

**0906 751 3153**

Great Sex For Her

**0906 751 3154**

I'm so lonely

**0906 751 3155**

Loving for the first time

**0906 751 3156**

Partner Affair

**0906 751 3157**

Having sex after baby

### SHE WON'T LET ME DUMP HER

I DON'T want to go out with my girlfriend any more, but now she tells me she's spent a huge amount of money on my Christmas present and can't take it back.

I don't care what she's bought me, but I just feel guilty that she's spent her money.

I have been trying to end our relationship for months, but each time I tell her she's always got an excuse why we can't split – she thought she was pregnant the last time.

How can I get rid of her?

**JANE SAYS:** You just got to be firm and don't be swayed by any of her reasons about why you can't break up.

Stop having sex with her and then she can't get pregnant. Tell her that it's no good, but you really don't want to go out with her any more.

Say you are sorry about the present, but it's not really your problem as you had already told her that your relationship was all but over.

Write to JUST JANE, Daily Star, 10 Lower Thames Street, London EC3R 6EN or email [jane.gorman@dailystar.co.uk](mailto:jane.gorman@dailystar.co.uk)



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# It's the business

'The world has jerks. Some of them get to be bosses' – Jack Welch, ex-General Electric chairman

## Movers & groovers

**SOME** of Britain's most famous pubs are changing hands in a £106million deal involving two historic firms.

**WH Brakspear & Sons**, founded in Henley, Oxfordshire, in 1779 and listed on the Plus Markets exchange, is being bought by privately-owned **JT Davies Group** of Surrey, which dates back to 1875.

Brakspear's 104 pubs include the Bull and Butcher in Turville, familiar to viewers as a backdrop of Vicar of Dibley and Midsomer Murders.

The new owners, led by chairman Mickey Davies, swooped after some of the 31 members of the Brakspear family, with a £33m stake, indicated they wanted to sell.

**O2** boss Peter Erskine was in London yesterday to speak at an telecommunications conference.

He screened promotional video footage produced 10 years ago by O2's predecessor Cellnet, which was then owned by BT.

It tried to predict what mobile phones would be like in now.

It got video TV and satellite location technology right – but consumers of 2006 were holding flip phones the size of dictionaries.

**RELIEF** at last for people bothered by cold callers trying to sell mortgage payment protection insurance.

City watchdog the Financial Services Authority (FSA) bars cold calling for mortgage sales and has imposed its first ever fine for such behaviour.

**Capital Mortgage Connections** will have to pay £17,500 after the FSA found that 85% of CMC's customers had been won by cold calling.

**THE DEALER**

## FAIR SHARES

THE UK's mid-cap sector outperformed its bigger rivals yesterday as bid speculation swirled around the likes of **Fort Pubs, JJB Sports** and leisure group **Whitbread**. The FTSE 250 Index climbed 26.3 points to 10752.2 while the FTSE 100 Index was off 1.9 at 6202.6.

## Nasdaq bid boosts LSE price

SHARES in the London Stock Exchange rose still further above Nasdaq's £2.7billion bid price amid hopes chief executive Clara Furse might recommend a higher offer.

The LSE picked up a further 10p to close at 1301p, valuing the company at more than

£2.9bn, and comfortably ahead of Nasdaq's 1243p-a-share offer price.

Shareholder hopes swung between a possible recommended deal of between 1300p to an optimistic 1500p a share.

But Nasdaq, which owns 28.75% of the LSE, has said its offer is final, although it added

it was prepared to revise terms, although not necessarily price, if a deal was recommended.

Analysts warned investors a "white knight" was highly unlikely to ride to the LSE's rescue, meaning shareholders could be left with only the Nasdaq offer to take.

## HOT GOSSIP

SHARES in **Clapham House**, the restaurant chain behind **Gourmet Burger Kitchen** and **Bombardier Bicycle Club**, eased 2.5p to 274p despite some dealers anticipating a bullish trading update with today's half-year figures. Earnings upgrades could be on the menu.

# Branson's Sky rocket

■ by BILL MARTIN

**SIR Richard Branson** let fly at Sky yesterday after ITV rejected NTL's £4.7billion bid for the company.

NTL's biggest shareholder said he fully expected the move after BSkyB snaffled another 18% of ITV last week.

Sir Richard, who opened a new **Virgin megastore** in Manchester yesterday, said: "BSkyB claims its investment in ITV will have no impact on the company's future direction.

"It appears that this share purchase has already had a material influence on the company and damaged the plurality of the British media."

Earlier in the day ITV chairman Sir Peter Burt met Rupert Murdoch's son

## Blast as ITV snub NTL's £4.7bn bid

James. The breakfast meeting is understood to have been "brief" and a matter of "courtesy" only at which NTL's bid was not discussed.

But it underlines the influence BSkyB, headed by James Murdoch, has won at ITV's largest shareholder.

### Crucial

The issue is crucial since Ofcom yesterday said it was seeking "submissions" from ITV and Sky to determine whether Sky's stake amounted to a change of control at the broadcaster.

ITV insiders stressed that the decision by Sir Peter and his board to reject NTL's bid was made on Monday night

and had nothing to do with BSkyB's stake.

NTL said it was "considering all its options" adding that Sky's stake provided it with undue influence which was "clearly not in the public interest".

Lord Puttnam, a friend of Branson who helped draft the Communications Act which triggered Ofcom's inquiry, said he believed Sky had broken competition rules.

"You cannot have your most significant competitor owning 20% of your business," he said. "It blows competition completely out of the water."

news@dailystar.co.uk



HIGH FLIERS: Branson and Nikki Sanderson at Virgin store opening

## ENTERPRISE IS LEFT SCOT FREE

■ by SUE FOSTER

had performed well, even though turnover dipped slightly.

"Scotland is different from the rest of the country," he said.

"There is not the same culture of tenanted pubs, so it was difficult to find new tenants."

Enterprise, which has 7,809

pubs compared to rival **Punch's** 9,200, did not have enough pubs in Scotland to justify its existence there.

The company revealed the sale as it announced an 8.6% rise in pre-tax profits to £315m on revenues that rose from £952m to £970m for the year to September.

The shares rose 5p to 1172p.

## Argos ready to take on Tesco and Woolies

SHOPPERS will be the winners in the Christmas catalogue war between **Argos** and copycats **Tesco** and **Woolworths**.

The catalogue pile-up will see the arch-rivals slug it out over key Christmas gift lines such as electronics and toys.

**Terry Duddy**, boss of Argos parent company **Home Retail Group** which also owns **Homebase**, promised yesterday to offer the best deals on the High Street.

"We have always led on price," said Duddy. "We're as competitive as always – and we have always been competitive with Tesco."

Pre-tax profit at Argos surged by a fifth to £72.4million on sales of £1.8billion in the six months to September 30.

But that gain was wiped out by Homebase where sales are falling in the tough DIY market.

Homebase profits slid 22% to £40.8m on sales of £979.1m.

Home Retail Group's shares, which have been buoyed by rumours of private equity interest, closed off 2p at 24p.

**MORE** than a million Norwich Union customers are in line for a payout as parent group **Aviva** looks to divvy up £4billion of "orphan" assets.

The surplus cash has accumulated in two of Aviva's long-term savings funds.

The 1.1million people eligible are those with savings in "with-profits" policies and are expected to receive several hundred pounds.

## FTSE100 SHARE INDEX ▼ Down 1.90 points (-0.03%) at 6202.60

Company	Price	Change	High	Low	▼	Company	Price	Change	High	Low	▼	Company	Price	Change	High	Low	▼	
3i Grp.	.996	-.6	1005	825	1470	Corus Group	.505	+.3	506	253	4530	Land Secs	.251	+.19	273	1539	1035	
A.B. Food.	.887	-.5	895	699	1082	Diageo	.996	-.5	1006	823	1029	Legal&Gen.	.153	-.15	157	111	1036	
Allied Dom.	.819	-.2	1448	1438	1529	Drax	.856	-.7	1073	538	1020	Lloyd's Tsb Grp.	.1411	-.15	1422	958	764	
Alliance Boots	.812	-.1	823	617	1009	Ent.Hns	.172	-.5	1192	864	947	Lomini	.3080	+.100	3183	1576	1038	
AMVESCAP	.585	-.7	637	388	1124	Experian	.619	+.19	624	559	473	Man Group	.4893	-.3	491	295	789	
Antofagasta	.473	-.12	254	1816	4949	Friars Prov.	.215xd	+.1	218	166	7733	Marks & Sp.	.692	-.2	707	445	1039	
Armstrong	.501	-.3	330	322	3438	Gallaher Grp.	.939xd	+.4	982	804	2222	National Grid	.1309	-.15	1352	1254	1026	
Aviva	.808	-.6	850	682	1338	HannoverRe/Hannikin	.4998	+.1	517	393	2260	Next	.1923	-.13	1961	1380	1254	
Barclays	.705	-.1	723	586	1004	Hansons	.752	-.9	784	594	1030	Ntn.Rock	.1213	+.8	1218	830	3554	
BAE Sys.	.161	-.2	782	549	1274	HBOs	.1079	-.2	1104	867	3333	OldMutual	.185xd	-.1	205	147	2782	
BG Grp.	.706	-.2	782	549	1274	Home Retail Group	.423	-.2	433	399	5562	Pearson	.788	+.5	800	649	1039	
BHP Bill.	.556	-.1	1472	1252	2232	Iceland	.479	+.1	572	359	4476	Prudential	.1765	-.2	1442	1049	2758	
BP	.583	+.1	712	563	1011	Imp.Chem.	.387	-.2	406	323	1032	Reckitt Benckrs	.2318	+.11	2330	1788	1046	
Br.Airways	.481	-.2	485	305	6258	Intercon. Hotel	.364	-.6	1065	783	3729	Reserve	.567	-.1	607	503	1036	
Br.Amer.Tob.	.1461	-.1	151	1242	1003	Intesa Sanpaolo	.364	+.1	364	250	468	Reuters Grp.	.468	-.4	476	348	1047	
Br.Land.	.1622	+.18	1638	968	1128	Johnson Matth.	.1452	-.9	1510	1237	1280	Rio Tinto	.2726	-.6	3232	2340	6698	
Brass & Bings	.520	-.1	530	360	1048	Kellogg	.112xd	-.2	128	94	1357	Rolls-Royce	.450c	-.1	490	378	6441	
Brambles Inds.	.520	-.1	530	360	1048	Kelida Grp.	.944	+.6	947	726	4018	Royal Mail	.1944	-.9	1952	1681	1039	
Brit Eng Gp.	.489	+.3	753	404	4514	Kingfisher	.260	-.2	273	217	5908	RoyalSun All.	.154xd	+.1	154	110	7482	
BSkyB	.535	-.2	573	478	3382	The service is provided for general information only and is not intended to address individual requirements. Professional independent advice should be obtained before making investment decisions. Responsible care will be taken in ensuring the accuracy of the information provided but it may include errors, omissions or inaccuracies. For full terms and conditions contact the Star Helpline on 0871 434 1519.												
BT Group	.283	+.3	291	203	1012	Kazakhmys	.1148	-.7	1370	624	1357	Vodafone Grp.	.137v	-.1	139	109	1037	
Cadent Ch.	.180	-.1	209	144	304	Levi Strauss	.154	-.1	153	100	1034	Wobely	.118xd	-.1	1462	1063	3288	
Cain Energy	.1890	+.34	2508	1755	3643	McDonald's	.260	-.1	261	196	1035	WPP Grp.	.676	-.6	705	562	3283	
Capita Group	.582	+.1	588	387	5263	Mercury	.2254	+.1	2257	1519	1036	Xstrata	.2228	+.33	2480	1314	3421	
Carnival	.2654xd	+.1	3397	2023	2568	MetLife	.204	-.1	205	151	1037	Yell Grp.	.578xd	+.15	625	465	1026	
Centrica	.347	+.1	348	230	1818	Michelin	.100	-.1	100	7663	1038							
Compass Group	.284	-.2	289	200	1241	Mondelez	.100	-.1	100	7663	1038							

Source: www.DigitalLook.com

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